SCHWINN FITNESS

430
ELLIPTICAL
OWNER'S MANUAL

PN 001-6985 REV A (08/2006)

CONGRATULATIONS!

Thank you for making the Schwinn® elliptical trainer a part of your exercise and fitness activities. For years to come, you'll be able to rely on Schwinn® craftsmanship and durability as you pursue your personal fitness goals.

This Schwinn® elliptical trainer should enable you to shape and monitor your workouts to:

- ▲ **Increase your energy level**
- ▲ **Increase cardiovascular and aerobic fitness**
- ▲ **Increase lower body muscle strength**
- ▼ **Decrease your overall percentage of body fat**

Whether you are just getting started in an exercise program or are already in good shape, this Schwinn® elliptical trainer is designed to be an efficient, easy and fun way to achieve an enhanced level of fitness. You can pedal your way to a slimmer and healthier body. The on-board digital computer enables you to accurately monitor your progress by tracking time, speed, distance and approximate Calories burned. This Owner's Manual contains all the information you need to operate and enjoy your Schwinn® exercise elliptical trainer. Also included are general fitness guidelines. Please read this Owner's Manual in its entirety before getting onto the elliptical trainer and working out. So let's get started.

Take your time and have fun!

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IMPORTANT SAFETY INSTRUCTIONS

The following definition applies to the word "**Warning**" found throughout this manual:

⚠ WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

PRIOR TO USING THIS EQUIPMENT, OBSERVE THE FOLLOWING WARNINGS:

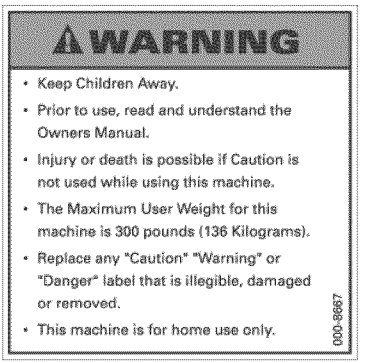
1. Read and understand the complete Owner's Manual.
2. Read and understand all Warnings on this machine.
3. Keep children away from this machine and / or supervise them closely if they are near the machine or present during its operation. This machine is not suitable as a children's toy. There is a natural tendency for children to want to play on exercise equipment, and parents and others in charge of children should be aware of their respective responsibilities. Moving parts that may appear to present obvious hazards to adults may not appear to do so to children.
4. Consult a physician prior to commencing an exercise program. If, at any time, you feel faint or dizzy, or experience pain, stop and consult your physician.
5. Inspect this machine for loose parts or signs of wear. Do not use if found in this condition. Contact Nautilus Customer Service.
6. This machine contains moving parts. Use Caution. Do not wear loose clothing or jewelry.
7. This machine is designed for a user weight limit of 275 lb. (124 kg). Do not use if you are over this weight.
8. This machine is for Consumer use only.
9. Care should be taken when mounting and dismounting the Elliptical exercise machine. The pedals should be in a stable position.
10. Disconnect all power before servicing this machine.
11. Do not operate this machine in damp or wet locations.

12. The recomended minimum clearance required around each Elliptical machine for access to passage around and emergency dismount shall be stated. The minimum dimensions are to be 0.5m (19.7 inches) on each side of the Elliptical.
13. Keep the foot pedals clean and dry.
14. Operate the machine in the manner described in this manual. It can be hazardous to over exert yourself during exercise.

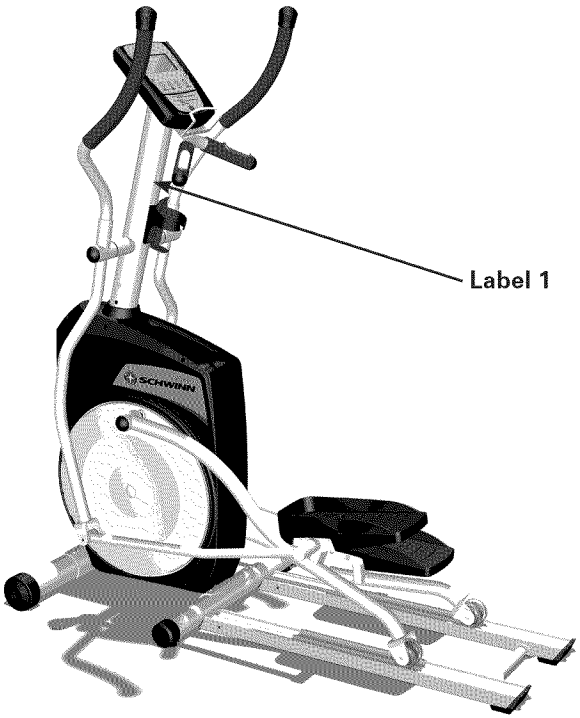
SAFETY WARNING LABELS

BEFORE USING YOUR PRODUCT: The following warning label is located on the Schwinn Elliptical Trainer Model 430. Please read all safety precautions and warning information prior to using your product. Be sure to replace any warning label if damaged, illegible or missing. If you do not have, or cannot find, or need to replace a warning label, please call 1-800-864-1270 to obtain a new label.

Label:


⚠WARNING
• Keep Children Away.
• Prior to use, read and understand the Owners Manual.
• Injury or death is possible if Caution is not used while using this machine.
• The Maximum User Weight for this machine is 300 pounds (136 Kilograms).
• Replace any "Caution" "Warning" or "Danger" label that is illegible, damaged or removed.
• This machine is for home use only.
000-6667

Location: Affixed to the console mast just below the computer.



Model 430

THE REVOLUTIONARY SCHWINN® BIOFIT™ COMFORT SYSTEM

The unique and revolutionary Schwinn® BioFit™ Comfort System is designed specifically to ensure that each point of contact and user-interface with the elliptical trainer provides the user with proper ergonomic and bio-mechanical positioning, superior comfort, the ultimate in functionality.

- The Schwinn® Bioglide™ Elliptical path offers biomechanically designed linkages to provide a comfortable movement of the foot throughout the elliptical motion

Other features:

- Multi-program and feature-packed computer with 16 levels of resistance will keep you motivated and help you achieve your fitness goals
- Grip heart rate for monitoring your workouts
- Small footprint fits easily into most spaces in your home
- The 25 lb. (11.3 kg) steel flywheel and computer controlled drive system provide high inertia for smooth rides
- Transport wheels give you the versatility to move your workouts to the family room while watching the kids or the den while enjoying your favorite tv program

HOW TO USE THE SCHWINN® ELLIPTICAL TRAINER

Plug the AC adapter into the lower front of the machine.

To start using your Schwinn® elliptical trainer, stand on the foot pedals, with the front of your shoes close to the front edge of the foot platform. Place your hands at a comfortable position on the upper body arms. Move your highest foot forward, and follow the natural path of the machine. Start on a level that is comfortable to familiarize yourself with the machine. Once you are comfortable, start adjusting the level to achieve the desired workout.

■ Full Body/Lower Body

You can use your Schwinn® elliptical trainer for a complete body workout or lower body workout only. If you choose not to use your arms, place them on the stationary handles in front of you. Remember, the more muscles you use, the more calories you burn

■ Forward/Reverse

You can use your Schwinn® elliptical trainer in the forward and reverse directions to vary the muscles you work out. This will also vary your workout, helping you to stay motivated. To change directions, simply slow the pedals down until they stop, and switch directions.

■ Resistance adjustment

Using the console, you have control over the levels of resistance integrated into your workout. Typically, lower resistance levels enable you to move at a faster pace, placing increased demand on your cardiovascular system. Higher resistance levels will typically deliver more of a muscle / endurance workout at lower RPMs. But everyone is different! So experiment and find the beginning of resistance that is comfortable for you.

HOW TO USE THE SCHWINN® ELLIPTICAL TRAINER COMPUTER

Using the Computer

Your Schwinn® elliptical trainer is equipped with a versatile computer console which includes:

- Quick Start
- 1 Manual program
- 6 profile programs
- Calorie Goal
- BMI (Body Mass Index)
- Recovery Mode
- Results Mode

This console provides you with important information about your workout as well as controlling the resistance levels. The following sections will describe how to utilize the many functions provided by this computer. Keep this manual accessible for future reference, as you will want to experiment with the various functions while you become familiar with the elliptical trainer.

Computer Console Design
Before we discuss using the specific functions of the computer, let's get familiar with the display, the different features, and various buttons located on the console.

Computer Features

■ **LCD Display**
The large LCD (Liquid Crystal Display) screen located in the center of the console is your information center. This display is divided into sections that provide information about your workout and any preset information you may have input into the computer. The display provides a large main window that indicates the PROGRAM selection and RESISTANCE LEVEL. The smaller windows across the bottom show INTERVAL TIME and TIME, RPM and WATTS, DISTANCE, and HEART (PULSE) RATE. The next larger window on the right side of the display shows SPEED and CALORIES, ENGLISH or METRIC operating mode, and the CYCLIST ICON with spinning wheels relative to your SPEED. The icon also indicates that the program is running.

The large main area of the display shows the program profile you are using. Within this profile are "bricks", or rectangles, that are stacked vertically and indicate the relative resistance level and course profile. The computer is capable of offering 16 different levels of resistance. One "brick" represents the lowest level and eight "bricks" represent the highest level. You can view the level you are exercising in by referencing the Level numbers displayed on the left and right side of the "brick" display. Levels 1, 3, 5, 7, 9, 11, 13, and 15 display on the left side and Levels 2, 4, 6, 8, 10, 12, 14, and 16 display on the right. The highest value displayed is the resistance level you are working out in.

In addition, you will notice that there are 12 columns of these "bricks" lined up horizontally across the bottom of the center of the display. Each **Profile Program** is 50 columns or "intervals" long so each of these columns or "intervals" represents one fiftieth of your workout time. For example, if you enter a workout time of 25 minutes, each column or "interval" time will last a duration of 30 seconds. Since the display shows the first 12 columns of your workout program, as you progress through the workout, the program will scroll to the left. The flashing "bricks" on the leftmost column let you know where you are in your workout and other columns to the right show the upcoming course profile.

The Manual program will display in the 12 interval columns as viewed on the LCD screen and do not scroll as you advance through the workout.

■ **Alphanumeric Display**

Within the LCD display the computer features a "message center" that prompts you to input specific data and values to make the elliptical trainer easy to operate and gets you to your workout quickly.

USING THE 430 COMPUTER

■ LCD Display Descriptions

TIME Displays the workout TIME. The TIME will count down from the TIME you entered when beginning the program and shows the TIME remaining for your workout.

INTERVAL TIME Displays the INTERVAL TIME. The INTERVAL TIME will count down showing the TIME remaining before the program moves to the next column.

RPM Displays the current pedal RPM (revolutions per minute).

WATTS Displays the current power you are producing at a given resistance level. A WATT is a measure of workload similar to horsepower (in fact 1 horsepower is equal to 746 Watts).

DISTANCE Displays the estimated DISTANCE traveled (Miles or Kilometers).

PULSE Displays your current heart rate BPM (beats per minute). You must grip each Heart Rate contact sensor pod to enable the computer to detect your heart rate.

SPEED Displays the estimated SPEED (Miles or Kilometers / hour).

CALORIES Displays the estimated CALORIES you have burned during the exercise.

■ Console Buttons and Button Functions

START / PAUSE Used to start and pause the workout. When in a program pressing this button will pause the workout. Press this button again to restart the clock and the program where you left off.

UP / DOWN Used to change resistance level or to adjust values such as program time etc.

ENTER Confirms or enters your selection.

SCAN These 3 buttons enable the user to alternately view Interval Time or Time, RPM or Watts, and Speed or Calories.

RESET Pressing RESET in the program mode will bring you back to the "ENTER PROGRAM" screen. Holding the RESET button down for 2 seconds will reset the console and perform the "Power Up" step.

QUICK START When the screen displays "ENTER PROGRAM", pressing this will start the Manual Program. This is a "one-touch" way of starting the Manual Program.

RESULTS Press this button to end the program and see the summary results of your workout: Total Time, Total Distance, Average Speed, Average Watts, Average Pulse and Total Calories. Once you press this button your workout will end. You cannot go back and resume your workout where you left off. See START / PAUSE above for information regarding pausing then resuming your workout.

RECOVERY Press this button to measure and obtain your heart rate recovery score. See section "Recovery Test".

USING THE 430 COMPUTER

■ Auto Shut-Off (Sleep Mode)

The console will automatically shut off in approximately 2 minutes without use or input. There is no on/off switch. (Press any button to power up the console and **"ENTER PROGRAM"** appears in the alphanumeric display.)

■ Information Mode

The computer enables you to switch between English or Metric units by pressing and holding the **UP** and **DOWN** buttons simultaneously for 3 seconds. Use the **UP** or **DOWN** button to select **"ENGLISH"** or **"METRIC"** and press **ENTER** to confirm. The computer will enter the Information Mode. In the Information Mode, by following the displayed menu and prompts, you will be able to:

Select **ENGLISH** measurement units which sets the computer for:
- Miles
- Miles/hour
- Pounds
- Inches

Or select **METRIC** measurement units which sets the computer for:
- Kilometers
- Kilometers/hour
- Kilograms
- Centimeters

See Total Distance
See Total Hours

Press **ENTER** and then the software version will display. Press **ENTER** again to exit the Information Mode and the computer will bring you to the **"ENTER PROGRAM"** mode.

■ Grip Heart Rate

This Schwinn® elliptical trainer is equipped with grip heart rate sensors located on the handlebars. You must contact these sensors with both hands so the computer can detect your pulse. The computer uses information detected by the grip heart rate sensors for many of the software features. Make sure you are gripping the pods and look for the flashing "heart" icon and pulse rate located on the lower right portion of the LCD display (to the left of the CYCLIST icon) indicating that a pulse signal is being received. If there is no display, please see the section titled *"IMPORTANT Things You Should Know Before Exercising"* for more information.

SOFTWARE FEATURES

Quick Start:

This is a "one-touch" way of starting the Manual Program.

1 Manual Program:

You manually adjust the resistance level during your workout to make the program easier or more challenging.

6 Profile programs:

The computer offers a variety of fun and exciting profile programs to keep you motivated and on track to achieving your fitness goals:

Profile Program 1 Ride in the Park
Profile Program 2 Plateau
Profile Program 3 Strength Intervals
Profile Program 4 Ramp Interval
Profile Program 5 Pikes Peak
Profile Program 6 Cross-Training

Calorie Goal:

The Calorie Goal feature lets you select an amount of Calories you would like to burn during your workout.

When selecting **"CALORIE GOAL"**, use the **UP** and **DOWN** buttons to select the amount of Calories you wish to "burn" from 10 to 990. Each increment will change the Calories by 10. Confirm your selected value by pressing the **ENTER** button.

The console will prompt you to choose a profile program. Use the **UP** or **DOWN** buttons to select a profile program and press the **ENTER** button to confirm your selection. During the program the Calorie display will count down from the number of Calories you entered to 0.

BMI (Body Mass Index) Measurement:

BMI is a useful tool that shows the relationship between weight and height that is associated with body fat and health risk. The table below gives a general rating and BMI score:

	BMI
Underweight	Below 18.5
Normal	18.5 – 24.9
Overweight	25.0 – 29.9
Obesity	30.0 and above

There are limitations however. It may overestimate body fat in athletes and others who have a muscular build. It may also underestimate body fat in older persons and others who have lost muscle mass.

When choosing the BMI program you will be prompted to enter your height and weight and the computer will calculate and display your Body Mass Index. The console will display **"IDEAL BMI RANGE"**. The ideal or normal range is 18.5 – 24.9. The console will also display your ideal weight range for your height.

SOURCE: Centers for Disease Control and Prevention (CDC), Atlanta, GA. The CDC is an agency of the federal Department of Health and Human Services.

CONSULT YOUR PHYSICIAN FOR MORE INFORMATION ABOUT BMI AND THE WEIGHT THAT IS APPROPRIATE FOR YOU.

Recovery Test:

Recovery Test shows how quickly your heart recovers from an exercise state to a more restful state. Improved recovery is an indicator of increasing fitness.

For the console to perform the Recovery Test, two things must happen. You must press the **RECOVERY** button, AND, the console must be displaying your heart rate. When both of these situations occur, then the console will perform the Recovery Test.

The console will show **"01:00 STOP"** and the time will begin to count down. Stop exercising but continue to grip the heart rate sensors. After 5 seconds, the display will show **"00:55 RELAX"** and will continue to count down to 00:00. For the entire minute the console will also show your heart rate. You must grip the heart rate sensors for the duration of the test.

The display will continue to show **"RELAX"** and your heart rate until the clock counts down to 00:00. The console will then calculate your recovery score.

Recovery Score = Your heart rate at 1:00 (the beginning of the test) minus your heart rate at 00:00 (the end of the test)

The display will show **"SCORE (Recovery Score)"**. This will remain on the display for 5 seconds; then you can press **RESULTS** to view a summary of your workout and end the program you are working out in, or press **START** to resume working out where you left off.

The higher the Recovery Test score value, the quicker your heart rate is returning to a more restful state and is an indication of improving fitness. By recording these values over time you can see the trend toward better health!

When you press the **RECOVERY** button and there is no heart rate signal or display, the console will show **"NEED HR"** and the HEART RATE ICON

on the display will blink. This message will show for 5 seconds, then the Program will resume. You must see your heart rate on the display and then you must push the **RECOVERY** button again to perform the test.

Helpful Tip: For a more relevant score, try to obtain a steady heart rate for 3 minutes before pressing the RECOVERY button. This will be easier to achieve, and obtain the best result, in the Quick Start or Manual program so you can control level of resistance.

***Please note:** The **RECOVERY** button does not function when you are in the BMI program.

Results Mode:

When you complete a program, the Results Mode will automatically display and show your basic workout statistics. Manually pressing this button during your workout will also end the program and then give you your basic workout statistics. You cannot return to your workout after pressing this button.

To have the option of either ending your workout and seeing your workout results, or pausing your workout so you can return to where you left off, perform the following steps:

To STOP or PAUSE the program: Press the **START / PAUSE** button to pause your workout. The display will show **"PRESS RESULT OR PRESS START"**. Then if you press the **RESULTS** button the computer will show your workout results and end the program, or if you press **START / PAUSE** the computer will resume the program where you left off.

In Results Mode the console will display:

"GREAT JOB" This will hold for approximately 3 seconds.
"YOUR RESULTS" This will hold for approximately 3 seconds

The display will show the following workout results:

SPEED: showing Average Speed
TIME: showing Total Time
DISTANCE: showing Total Distance
CALORIES: showing Total Calories
WATTS: showing Average Watts
HEART RATE: showing Average Heart Rate.

Pressing the **RESET** button will bring you back to the **"ENTER PROGRAM"** mode. After 60 seconds the console will automatically return to the **"ENTER PROGRAM"** mode.

IMPORTANT Things You Should Know Before Exercising

A. **The values calculated or measured by the computer are for exercise reference purposes only, NOT FOR MEDICAL PURPOSES. Please consult your physician before starting any exercise program. He or she can help establish the exercise frequency, intensity, (including determining your maximum and minimum heart rate and target heart rate zones) and the exercise time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.**

B. **Pulse rate** — The pulse rate will be displayed after the system has detected 4 stable pulse signals. Pulse rate is then updated after receiving every two signals.

Please Note:** If your heart rate goes above 199, the "1" will flash. So a heart rate of 224 will be displayed as 124, and the 1 will be flashing

C. **Pulse rate readout** — While the grip heart rate feature is a quick and convenient way to check your heart rate, it is generally not as accurate as a wireless transmitter belt and is subject to occasional mis-readings and interference. You may, from time to time find inconsistencies with the heart rate display on your display console. There are many external factors that can affect the heart rate display. Some factors that influence the reliability of the heart rate signal include the environment where the equipment is used and even the physiology of the users themselves. Electromagnetic interference produced by such items as televisions, computers, microwave ovens, cellular and cordless telephones, and fluorescent lights can also have an effect on the heart rate display on your equipment. By moving the product away from such items, you may be able to avoid many heart rate display problems.

D. **Resistance Control** — You can control the resistance of the elliptical trainer by using the **UP** or **DOWN** buttons. You increase the resistance by pressing the **UP** button or decrease the resistance by pressing **DOWN** button. You will notice a slight lag in time while the electronic brake adjusts to your input, so make sure to allow for this and don't over-compensate.

E. **Sleep Mode** — The console will enter a "Sleep" mode and the system will turn off automatically if there is no input for approximately 2 minutes. Press any button to return the computer to its pre-"Sleep" state or press and hold the **RESET** button for 2 seconds to clear the computer.

CONSOLE OPERATION

■ Console Operation – Quick Start

QUICK START: Press **QUICK START** to take you immediately to the Manual program. Resistance level will be Level 1. Time will start from 00:00 and count up.

Changing Levels: You can increase or decrease the resistance level by pressing the **UP** or **DOWN** buttons at any time.

To STOP or PAUSE the program: Press the **START / PAUSE** button to pause your workout. The display will show **"PRESS RESULT OR PRESS START"**. Then if you press the **RESULTS** button the computer will show your workout results and end the program, or if you press **START / PAUSE** the computer will resume the program where you left off.

■ Console Operation – Manual program

Select Program: Press any button to power up the console and **"ENTER PROGRAM"** appears in the alphanumeric display. To access the Manual program, scroll through the display by using the **UP** or **DOWN** buttons until you reach **"MANUAL"**, then press **ENTER**.

Enter Level: You will then be prompted in the alphanumeric display to **"ENTER LEVEL"**, (1 – 16). Select the desired resistance level by using the **UP** or **DOWN** buttons and then press **ENTER** to confirm your selection. The default resistance level will be the last level a user entered (previous workout).

Enter Time: You will then be prompted in the alphanumeric display to **"ENTER TIME"**. Select the desired Time by using the **UP** or **DOWN** buttons and then press **ENTER** to confirm your selection. The default Time will be the last Time a user entered (previous workout). The minimum time you can enter is 2:00.

Enter Weight: You will then be prompted in the alphanumeric display to **"ENTR WEIGHT (lbs. or kgs.)"**. Select the appropriate weight by using the **UP** or **DOWN** buttons and then press **ENTER** to confirm your selection.

Start: You will then be prompted in the alphanumeric display to **"PRESS START"**. **"MANUAL"** will display confirming you are about to start the **"MANUAL"** program. You can now begin exercising!

Changing Levels: You can increase or decrease the resistance level by pressing the **UP** or **DOWN** buttons at any time.

To STOP or PAUSE the program: Press the **START / PAUSE** button to stop or pause your workout. The display will show **"PRESS RESULT OR PRESS START"**. Then if you press the **RESULTS** button the computer will show your workout results and end the program, or if you press **START / PAUSE** the computer will resume the program where you left off.

■ **Console Operation – Selecting a profile program**

Select Program: Press any button to power up the console and **"ENTER PROGRAM"** appears in the alphanumeric display. To access the profile programs, scroll through the display by using the **UP** or **DOWN** buttons until you reach **"PROGRAMS"**, then press **ENTER**. The program profile and name will appear in the display. Use the **UP** or **DOWN** buttons to select your desired program. Press **ENTER** to confirm your selection.

Enter Level: You will then be prompted in the alphanumeric display to **"ENTER LEVEL"**, (1 – 16). Select the desired resistance level by using the **UP** or **DOWN** buttons and then press **ENTER** to confirm your selection. The default resistance level will be the last level a user entered (previous workout).

Enter Time: You will then be prompted in the alphanumeric display to **"ENTER TIME"**. Select the desired Time by using the **UP** or **DOWN** buttons and then press **ENTER** to confirm your selection. The default Time will be the last Time a user entered (previous workout). The minimum time you can enter is 2:00.

Enter Weight: You will then be prompted in the alphanumeric display to **"ENTR WEIGHT (lbs. or kgs.)"**. Select the appropriate weight by using the **UP** or **DOWN** buttons and then press **ENTER** to confirm your selection.

Start: You will then be prompted in the alphanumeric display to **"PRESS START"**. The preset program you selected will display confirming your selected program. You can now begin exercising!

To STOP or PAUSE the program: Press the **START / PAUSE** button to pause your workout. The display will show **"PRESS RESULT OR PRESS START"**. Then if you press the **RESULTS** button the computer will show your workout results and end the program, or if you press **START / PAUSE** the computer will resume the program where you left off.

■ **Console Operation – "CALORIE GOAL"**

"CALORIE GOAL" enables you to select an amount of Calories you would like to burn and lets you choose a profile program to achieve that goal. Your exercise is complete when the Calories count down to 0.

Select Program: Press any button to power up the console and **"ENTER PROGRAM"** appears in the alphanumeric display. To access Calorie Goal,

scroll through the display by using the **UP** or **DOWN** buttons until you reach **"CALORIE GOAL"** then press **ENTER**.

Enter Calories: You will then be prompted in the alphanumeric display to **"ENTER CALS"**. Select the desired Calories to burn by using the **UP** or **DOWN** buttons and then press **ENTER** to confirm your selection. Next, a profile program and name will appear in the display. Use the **UP** or **DOWN** buttons to select your desired profile program. Press **ENTER** to confirm your selection.

Enter Level: You will then be prompted in the alphanumeric display to **"ENTER LEVEL"**, (1 – 16). Select the desired resistance level by using the **UP** or **DOWN** buttons and then press **ENTER** to confirm your selection. The default resistance level will be the last level a user entered (previous workout).

Enter Weight: You will then be prompted in the alphanumeric display to **"ENTRWEIGHT (lbs. or kgs.)"**. Select the appropriate weight by using the **UP** or **DOWN** buttons and then press **ENTER** to confirm your selection.

Start: You will then be prompted in the alphanumeric display to **"PRESS START"**. **"CALORIE GOAL"** will display confirming your selection. You can now begin exercising!

Time will begin counting up and Calories will begin counting down from your preset Calorie Goal value until the display reaches 0. When you have reached your Calorie Goal the computer will display **"GREAT JOB"**, then **"YOUR RESULTS"**. The display will show a summary of your workout: Total Time, Total Distance, Average Speed, Average Watts, Average Pulse, and Total Calories.

Changing Levels: You can increase or decrease the resistance level by pressing the **UP** or **DOWN** buttons at any time.

To STOP or PAUSE the program: Press the **START / PAUSE** button to pause your workout. The display will show **"PRESS RESULT OR PRESS START"**. Then if you press the **RESULTS** button the computer will show your workout results and end the program, or if you press **START / PAUSE** the computer will resume the program where you left off.

- **Console Operation – "BMI" (Body Mass Index)**

BMI is a useful tool that shows the relationship between weight and height that is associated with body fat and health risk.

Select Program: Press any button to power up the console and **"ENTER PROGRAM"** appears in the alphanumeric display. To access BMI, scroll through the display by using the **UP** or **DOWN** buttons until you reach **"BMI"** then press **ENTER**.

Enter Weight: You will then be prompted in the alphanumeric display to **"ENTRWEIGHT (lbs. or kgs)"**. Select the appropriate weight by using the **UP** or **DOWN** buttons and then press **ENTER** to confirm your selection.

Enter Height: You will then be prompted in the alphanumeric display to **"ENTRHEIGHT (in. or cent.)"**. Select the appropriate height by using the **UP** or **DOWN** buttons and then press **ENTER** to confirm your selection.

The computer will calculate and display your Body Mass Index.
Then the Ideal BMI will display: 18.5 to 24.9
Then your ideal weight will display.

***Please note:** The BMI program is a special program that requires certain specific input so certain buttons become inoperative while in the BMI program. The following buttons only work during the set-up phase of the program and become inoperative after you start the program:

START / PAUSE button
ENTER button
UP or **DOWN** buttons
RESULTS button
RECOVERY button

CONSULT YOUR PHYSICIAN FOR MORE INFORMATION ABOUT BMI AND THE WEIGHT THAT IS APPROPRIATE FOR YOU.

MAINTENANCE OF YOUR SCHWINN® ELLIPTICAL TRAINER

■ **Moving your Elliptical Trainer**

Fig. A

To move the elliptical trainer, carefully but securely lift the rear end of the elliptical trainer and slowly steer the elliptical trainer to the desired location (Fig A). Be gentle while moving the unit as any sharp impact directly or indirectly to the computer can affect computer operation.

■ **Leveling your Elliptical Trainer**

The elliptical trainer can be leveled to compensate for uneven surfaces. To level the 430, raise or lower the two leveling bolts located on the underside of the rear stabilizer by screwing them in or out as needed.

■ **Maintenance**

Disconnect power supply before maintaining or servicing the elliptical trainer. Use a damp cloth to wipe your elliptical trainer and computer free of sweat. Inspect the elliptical trainer before each use. Replace all parts at the first sign of wear or damage. Call your authorized Schwinn® Fitness products distributor if you have any questions on the proper use or maintenance of this equipment or contact Nautilus Customer Service at 1-800-NAUTILUS (628-8458).

The safety level provided by the design of this equipment can only be maintained when the equipment is regularly examined for damage and wear. Inoperable components should be replaced immediately or the equipment be put out of use until it is repaired. Only Nautilus-trained or Nautilus-authorized personnel should carry out extensions, readjustments, modifications, or repairs.

Daily: Before each use inspect for loose, broken, damaged or worn parts. Do not use if found in this condition; repair or replace.

Weekly: Check for smooth rear roller operation. Wipe any dust, dirt, or grime from the surfaces.

Monthly: Check all bolts and screws, and tighten as necessary.

IMPORTANT: To avoid damaging the finish on your elliptical trainer and computer, never use a petroleum-based solvent when cleaning. Avoid getting excessive moisture on the computer.

FITNESS GUIDELINES

■ Exercise and Health

It is not a secret that lack of exercise is increasingly becoming a major health issue. Obesity is on the rise, and being overweight can contribute to an increased risk in heart attack, diabetes, high blood pressure and other life threatening illnesses.

Most people do not get enough activity during the day to make up for the time they spend at their desks, driving their cars or sitting in front of their televisions. We have learned that exercising is not simply something we must do to look good and have a great body. Exercise is a requirement for health, and overall wellness, not to mention it can help you feel great!

The good news is that we are seeing more and more research that indicates we don't have to work out intensely to see the benefits. Sure, it is great if you can work out for 30-40 minutes at a time, five days a week. But it is not essential. Shorter bouts of exercise can have a great effect (especially if you are just starting out), and a little bit of exercise at a time is much better than none at all.

And what is really exciting is that research indicates that whether you are young or old, people who work out at light to moderate intensities may have an easier time sticking to their exercise programs than those people who work out harder and more often.

So, you do not need to be an athlete or a fitness "die-hard" to benefit from exercise... you just need to get started, work out at levels that are comfortable and enjoyable to you and stick with it!

■ Your New Home Fitness Program

There are many great reasons why home exercise equipment has increased in popularity over the years, but topping the list is convenience. For any fitness program to be successful, it must be something you will stick to on a regular basis. With home exercise equipment, you can roll out of bed, put on a pair of sweats and start working out while the coffee is brewing. No getting in the car and having to drive to the health club. No standing in line waiting for the equipment to become available.

And there is the comfort and safety factor. Who wants to walk or run outside when it is dark or is raining? Or try to ride a bike in the middle of heavy traffic? With your home exercise equipment, you can exercise in the comfort and security of your air-conditioned home.

Privacy and cleanliness are also important. Now you can exercise without feeling rushed or that anyone is looking at you (which is great if you are embarrassed about carrying around a few extra pounds). No more sharing sweaty equipment, or wondering if you will catch athlete's foot in the health club shower.

The biggest advantage, however, may simply be the time factor. With work schedules ever-changing and busy family obligations, a home gym offers the benefit of being able to work out when it is most convenient for you. No classes to time your schedule around, or peak times to avoid. This is especially convenient if you have children at home.

It couldn't be easier!

STEPS TO GETTING STARTED

Once you have made the commitment to start exercising at home, here are some suggestions that may help you stay motivated.

The first step is the most difficult. Any new habit is difficult to establish at first, but it can be done. Be patient, and plan to start slow and easy. Less is more when you are first starting out ... don't overdo it!

Get a physical exam. If you have been inactive for several years or new to an exercise program, be sure to ask your doctor before beginning any exercise program. Especially if you are over 30, have health problems or have a history of heart disease in your family.

Plan for your home fitness center. Set aside an area or a room in your house or apartment that is exclusively for fitness, and make sure that it is as comfortable as possible, so you'll enjoy using it. If you like music, watching television or looking outside while exercising, make sure these things are accessible. Remember, if you don't enjoy the space you are exercising in, you won't be motivated to continue your program.

Find an exercise buddy. Research has shown that starting an exercise program with someone can increase your chances of sticking to it. If you have a buddy that is also starting a program, you can encourage, motivate and challenge each other.

Make fitness a part of your schedule. Include it in your daily planner just as you would any other appointment. Plan ahead for the week so that you can be sure to fit it in. Even if you are pressed for time one day, a little exercise is better than none at all. Do what you can to fit it in, even if you have less time than you hoped for.

Use positive affirmations. Affirmations will help you program your subconscious to accept new beliefs. Saying to yourself a couple of times a day, "I am living a healthier lifestyle by exercising several times per week at home," can help you stay on track.

Set goals. Setting goals can be helpful in keeping you motivated, but remember to keep them realistic. Short-term and long-term goals can make this easier. How many days do you want to exercise this week? How many workouts would you like to have done in 90 days or a year?

COMPONENTS OF FITNESS

Over the past 25 years, many people have focused on walking, running, cycling, swimming and other types of aerobic activity as their only means of exercise.

However, we have learned that two other components of fitness are just as important. These other two components are muscle strength and flexibility. So in addition to having a strong heart and lungs, we also need to be able to pick up a full bag of groceries and tie our shoes without having to sit down.

When developing your home fitness program, it is only appropriate that you develop all three components in order to achieve balanced overall fitness. Let's take a look at all three components:

Cardiovascular fitness is training the heart and lungs to be stronger and deliver more oxygen throughout your body with less effort. It can help reduce the risk of heart disease, and help you manage your weight. It is the cornerstone of fitness, and can be achieved in many ways such as walking or running on the treadmill or outdoors, climbing stairs, cycling, or using a StairMaster® or swimming in the pool or ocean.

For many years, it was suggested that moderate level cardiovascular activity (activities that make you sweat and breathe and a moderate pace) should be done 3 – 4 days a week for 15 – 45 minutes at a time. It is now recommended that you attempt to do some cardiovascular activity EVERY day, if possible.

The good news is that the cardiovascular activity does not need to be moderately intensive everyday, nor does it need to be sustained for 15 – 45 minutes at a time.

So while it is ideal to challenge your heart and lungs by doing something like a strong power walk every other day for 15 – 45 minutes, it is more important to make sure you do at least a little bit of cardiovascular activity every day, even if you don't do it for very long or very intensely.

For example, you might try using your Schwinn® elliptical trainer for a scheduled, moderate level workout for 20 – 30 minutes on Monday, Wednesday, Friday and Sunday (see the intensity monitoring section for further details on how hard to workout). On the other days, you might try going for a leisurely stroll 10 minutes in the morning and in the evening (or whenever you can fit it in).

Whatever you do, just make sure you get your body moving, and your heart and lungs pumping for some period of time every day.

Muscular Strength is training your muscles to remain strong using resistance such as dumbbells, elastic tubing or your body weight. In the past decade, we have learned that building or maintaining muscular strength is extremely important for a balanced fitness program. And it is especially important as we get older.

We have learned through a variety of studies that those individuals who just train aerobically (without strength training) do maintain their cardiovascular endurance over the years, but they generally lose lean muscle mass as they get older. However, those individuals who combine strength training and cardiovascular training can maintain their lean body mass as they get older. What this means is that if you just do cardiovascular activity, your body will naturally lose muscle mass as you get older, and that means that you will actually get "fatter" as you age, unless you incorporate strength training.

We have also learned that consistent strength training helps maintain bone and muscle mass as we get older. For women, strength training (along with cardiovascular training) may also protect against post-menopausal bone loss and osteoporosis in their later years.

And strength training is not complicated. It is recommended that you do 8 – 12 repetitions of 8 – 10 major muscle groups at least 2 days a week. However, you don't have to do all these exercises at once. You can break them up into shorter workouts throughout the day. For example, you can do just upper body exercises in the morning, and your lower body exercises in the evening. Or, you can alternate strength exercises with cardiovascular exercise (often known as circuit training) by switching back and forth every couple of minutes.

The best part is you don't need complicated equipment or fancy machines. You can do everything you need to do with a simple pair of dumbbells, or you can try Nautilus' new SelectTech™ dumbbells, which provide you a wide variety of weight options in a revolutionary all-in-one dumbbell. You can use elastic tubing, or simply do body weight exercises such as push-ups or lunges.

Flexibility is being able to bend, reach, twist and turn with comfort and ease as we perform daily tasks, play or exercise. It is perhaps the most ignored component of fitness, but certainly the easiest one to incorporate into our daily lives because it can be done anywhere and almost at any time.

To maintain your flexibility, you simply need to stretch. This could be as simple as reaching for your toes, or reaching overhead when you wake up in the morning. Or maybe you enjoy it so much that you would be interested in trying the Nautilus® yoga workout video. You can even incorporate stretching into your strength training workouts by stretching the muscles you have used immediately after you have completed your exercise set.

Like cardiovascular training, it is recommended that you stretch every day. However, you do not need to create a formalized program. You can simply make sure that you stretch your major muscle groups throughout the day. Make sure you include your thighs, calves, hamstrings, back, chest, neck and shoulders.

Do what feels good, but also remember to mix it up. Don't just do traditional "reach and hold" stretches. Also, try gently moving through a range of motion that is comfortable to you. For example, you don't have to stretch your neck simply by pulling on your head with your hand. You can also just rotate the neck slowly around and look side to side.

NUTRITION

Of course, every good health and fitness program will also include a good nutrition component. Good nutrition is likely the most important factor in maintaining ideal body weight and managing weight loss.

There are a variety of schools of thought regarding which nutrition program, diet or eating plan is best. While we do not promote or endorse any particular one, here are some things to consider that will help you get on the road to a healthy diet:

Understand Caloric Balance. How many Calories you intake, and how many Calories you burn off will determine whether you will gain or lose weight day to day. It is impossible to achieve weight loss without some sort of "Caloric deficit" that can be obtained through cutting Calories, or burning off more than you take in. The wisest approach is to do a little of both – cutting Calories and exercising. It is the only proven long-term weight management program that is successful. You should ensure that you are consuming at least 1,200 Calories per day total. A total weight loss of no more than 2 lbs. per week is recommended for long-term weight management.

Eat a variety of foods. Regardless of your eating plan, you should be sure to include a variety of foods in your diet, maximizing your intake of fruits and vegetables whenever possible. Colorful meals and snacks that are divided amongst the 4 food groups will ensure that you obtain the nutrients needed for your body to function at optimal levels. Any diet that focuses on just one food group source or processed foods can be unhealthy in the long run, and should be avoided. Don't focus too much on any particular meal or snack, but rather on your overall intake of a variety of different foods during any given day.

Drink water. Our bodies are made up of over 70% water, and most of us don't drink enough. Carry water with you everywhere you go, and drink as often as you can. This helps the body function at optimum levels, and can significantly help with weight management.

Eat more often and be mindful of your portions. Research has shown that it can be helpful to eat smaller meals more often versus 3 larger meals a day if you are looking to promote healthy weight maintenance or weight loss. And we have discovered that many portions we eat are much larger than necessary, and can be laden with Calories. So, try snacking more and not eating so many large meals, and share your snacks or food with others (or break your portions in half) to help manage your Caloric intake.

MONITORING YOUR INTENSITY

When you are doing cardiovascular workouts, it is important that you work at the appropriate intensities when you are first starting out. It is also important that you workout at a variety of intensities after you have built a fitness base.

Research in recent years has indicated that one of the best ways to monitor your cardiovascular intensity is to pay close attention to how you are feeling when you workout. Most individuals can do a very good job of choosing the correct intensities if they simply categorize how they feel into one of four intensity "zones."

These zones could be described the following ways:

Zone	Description
1	Easy Warm-up Cool-down
2	Challenging, but comfortable Steady endurance pace
3	Challenging, and slightly uncomfortable Race pace Borderline out of breath
4	Breathless Not maximum, but winded Can't keep the pace for very long

When you are first starting out, you should exclusively work in the Zone 1 and Zone 2 intensities. After a few weeks, you can occasionally incorporate Zone 3 and Zone 4 intensities for short periods of time. Remember, when you begin to incorporate Zone 3 and Zone 4 intensities, you will find that you will likely have to drop down to Zone 1 intensities shortly thereafter as brief recovery periods.

For variety, you can spend a little bit of time in each of the four Zones during one workout, and then spend your time in just one Zone during the next workout.

Prenatal woman should always remain at Zone 1 and Zone 2 intensities, and anyone unaware of their current medical condition should also avoid Zone 3 and Zone 4 without prior clearance from their doctor.

These Zones can be translated into target heart rate numbers if your home fitness product has a grip or telemetric heart rate counter. Research has shown the best way to do this is not to establish heart rate numbers based upon age, but rather based upon how you feel.

The following chart will allow you to log your heart rate numbers based upon how you feel when working out. Simply log the heart rate numbers you find when you feel you are working at each of the specific intensities.

A. Zone	Description	Your Heart Rate	Approximate Percentage of Maximum Heart Rate
1	Easy Warm-Up Cool-down	Insert the heart rate you get when you are working in Zone 1	50%-65%
2	Challenging, but comfortable Steady endurance pace	Insert the heart rate you get when you are working in Zone 2	65%-75%
3	Challenging and uncomfortable Race pace	Insert the heart rate you get when you are working in Zone 3	75%-85%
4	Breathless Not maximum, but winded Can't keep the pace for very long	Insert the heart rate you get when you are working in Zone 4	85%-95%

As you get in better shape, the heart rate number you obtain for each zone will get higher and higher, which means your heart is able to handle higher intensities. Or you may find that your numbers don't change, but you are able to stay in Zone 3 and Zone 4 longer than you used to.

Don't get too attached to any specific number or target heart rate. If you train properly, you will notice numbers that used to be difficult have now become easier. You will also notice that if you are sick or over-tired, you may find that numbers that usually feel fairly easy are one day much harder, and it is a good sign to take a break. If you notice that numbers that are usually very challenging are one day fairly easy, then it is a good time to push yourself.

Listening to your body, and using your heart rate numbers (when available) will enable you to keep track of your intensity and see your progress as you train.

BEATING THE DROPOUT ODDS

The Surgeon General's Report on Physical Activity and Health summarizes a few main points:

1. Regular physical activity offers substantial improvements in health and well-being for a majority of Americans.
2. If you exercise regularly, you'll reduce your risk of heart attack, cancer, diabetes, high blood pressure, osteoporosis and even the common cold.
3. Regular exercise, regardless of the intensity, can help you control stress, sleep problems and depression.

The benefits of exercise and activity are AMAZING! And yet, only 22 percent of Americans engage in exercise for 20 minutes a day. And even among individuals who begin exercise programs, the dropout rate is about 50 percent.

So, how do you beat these odds? The answer appears to be in how your start and maintain your exercise program as well as how you create a habit of exercise.

Why are you starting an exercise program? For most individuals, it is to lose weight and look better, which are great reasons. However, since changes in your body shape and size can be gradual, and won't happen overnight, it is important to focus on other benefits so that you will remain motivated.

Thrive on the energy that exercise gives you. Watch your health risks scores go down. Pay attention to how much easier everyday activity is. Notice how much better you are sleeping. These kind of additional benefits will continue to keep you motivated if you make them just as important to you as weight loss.

Additionally, try not to view exercise as punishment. Look at it as an investment in your health. If you don't feel motivated to workout one day, think of something that is appealing to you that is active, and change your workout. Try not to let your workout become routine or mundane, and always remember that some exercise is better than none at all. So, if you feel you are not motivated to continue, stop your workout early, or skip a day. It just might be the thing you need to get you excited about your next workout.

Possibly the most important thing is to keep progressing your exercise program slowly. Big increases in time or intensity can set you up for injury, and cause you to drop out. Unless you are a world-class athlete, there is no reason to workout at world-class levels. Remember to give yourself some days off and get proper rest.

Finally, try to anticipate lapses. If you are traveling, or your schedule is becoming busier, and you are fearful you may get off track, try planning ahead. For example, book a hotel that has a workout facility or change up

your workout so that you keep your interest high and your boredom low. The bottom line is you must be creative and innovative to keep up your fitness program. With some imagination and planning, it is easy to do.

Exercise is one of life's joys. It energizes you, helps you look and feel better and puts you on the road to better health. Your home fitness equipment and gym is worth its weight in gold. Congratulations on making the choice to get started!

Suggested Reading:

The Complete Home Fitness Handbook by Edmund Burke, Human Kinetics Publisher.

Full Body Flexibility by Jay Blahnik, Human Kinetics Publisher.

Building Strength and Stamina by Wayne Wescott, PhD, Human Kinetics Publisher.

Cross-Training for Dummies by Tony Ryan and Martica Heaner, For Dummies Publisher.

SCHWINN® ELLIPTICAL TRAINER WORKOUT LOG

Keeping a log of your workouts is a good way to track your progress toward your goals and is an excellent visual indicator of your increased level of physical fitness. A workout log is also an outstanding tool to help keep you motivated! Seeing your weekly, monthly or even yearly accomplishments of: how much time you spent exercising on your elliptical trainer, the number of Calories you burned and the distance you rode, is not only fun, but gives you a sense of pride and achievement knowing that you are on your way to a healthier, more active, and energetic lifestyle!

Example:

Date	Time	Total Time	Calories	Total Calories	Distance	Total Distance
Jan. 1	20:00	20:00	100	100	5	5
Jan. 2	21:00	41:00	150	250	6.5	11.5

LIMITED WARRANTY FOR EXERCISE PRODUCTS

All Schwinn® exercise products are warranted to the retail purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of purchase will be required. Any product sold or placed in an application not recommended by Nautilus, Inc. ("Nautilus") will void any warranty coverage set forth by Schwinn® Fitness warranty policies and procedures.

TIME PERIOD

Residential Environment:
15 years – frame
2 year – mechanical parts
1 year – electronics
90 days – labor

This warranty excludes wear items that need to be replaced due to normal wear and tear.

THIS WARRANTY DOES NOT COVER

1. Any component on original equipment which carries a separate consumer warranty of the parts supplier.
2. Normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in the Owner's Manual.
4. Use of products in a manner or environment for which they were not designed.

LIMITATIONS

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Nautilus, Inc. shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Nautilus's liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Nautilus's election, to the repayment of an amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

PROCEDURES

Warranty service will be performed by Nautilus or an authorized Schwinn® Fitness Dealer. The original purchaser must provide proof of purchase. Service calls and/or transportation to and from the Authorized Schwinn® Dealer is the responsibility of the purchaser.
1. Nautilus will have the option to repair or replace any exercise product(s), which require warranty service.
2. Nautilus will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value. Nautilus, Inc. is not responsible for labor charges in replacing defective frames.
3. In the event a product cannot be repaired, Nautilus will apply a limited credit reimbursement toward another Schwinn® exercise product of equal or greater value.
4. Nautilus is not responsible for dealer labor charges for component changeovers completed after the labor-related warranty period(s) stated herein.
5. If you elect to repair an exercise product or part yourself, using the services of someone other than an Authorized Schwinn® Fitness Dealer, or use a replacement part not supplied by Nautilus, Nautilus shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.
6. See your Authorized Schwinn® Fitness Dealer for service or write to:

Nautilus, Inc.
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683

Or call 1-800-NAUTILUS (628-8458) for assistance or questions.

IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below. For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

WORLDWIDE CUSTOMER SERVICE:

- NORTH AMERICA OFFICE
  Nautilus, Inc.
  World Headquarters
  16400 S.E. Nautilus Drive
  Vancouver, Washington, USA 98683
  Phone: 800-NAUTILUS (628-8458)
  Email: cstech@nautilus.com
  Fax: 877-686-6466

INTERNATIONAL CUSTOMER SERVICE:

- INTERNATIONAL OFFICE
  Nautilus International S.A.
  Rue Jean Prouvé 6
  1762 Givisiez / Switzerland
  Tel: + 41-26-460-77-77
  Fax: + 41-26-460-77-70
  Email: technics@nautilus.com

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- SWITZERLAND OFFICE
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  Tel: +49-2204-610-27
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SCHWINN FITNESS

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